

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2011

Banana Muffins

Carrot Muffins

Pumpkin Chocolate Chip Muffin

Mystery Muffins

Banana Muffins

1 cup all-purpose flour
¼ cup white sugar
½ teaspoon baking soda
½ tablespoon baking powder
¼ teaspoon salt
½ teaspoon nutmeg
½ cup diced bananas
1 large egg
½ cup buttermilk
¼ cup canola or vegetable oil



1. Preheat oven to 325 degrees.
2. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. In a large bowl, mix flour, sugar, baking soda, baking powder, salt and nutmeg. Add bananas. Toss to coat.
4. In a separate bowl, beat the egg. Add milk and oil; mix.
5. Add egg mixture to flour mixture and stir until blended.
6. Fill muffin cups ½ full with batter. Bake for 15 minutes or until lightly browned.
7. Let cool 5 minutes. Remove muffins from pan; cool completely.

Nutrition Note: This recipe makes 10 muffins. Each muffin has 130 calories, 6 grams of fat, and 17 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying kiwi, here are some things to consider.

Select: Plump and firm. Ripe fruit will be slightly tender to the touch.

Store: In the refrigerator for up to 3 days.

Use: Slice in salads or blend in smoothies.

(Adapted from the California WIC Program)

Carrot Muffins

2 large eggs, beaten
½ cup unsweetened applesauce
½ cup white sugar
2 tablespoons vegetable or canola oil
1 teaspoon vanilla
1 cup all-purpose flour, or ½ cup whole wheat flour with ½ cup all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon cinnamon
1½ cups shredded carrots
½ cup raisins

1. Preheat oven to 350 degrees.
2. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. Combine eggs, applesauce, sugar, oil and vanilla in a large bowl. Mix well.
4. Stir together flour, baking soda, salt and cinnamon in a separate bowl.
5. Add flour mixture to egg mixture. Stir just until blended.
6. Stir in carrots and raisins.
7. Fill muffin cups ½ full with batter. Bake for 25 minutes or until lightly browned.
8. Let cool 5 minutes. Remove muffins from pan and cool completely.
9. Note: This recipe can also be made into a quick bread. Mix batter as described above. Bake in a greased 8 or 9-inch loaf pan for 50-60 minutes or until toothpick inserted in the center comes out clean.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 12 muffins. Each muffin has 140 calories, 3.5 grams of fat, and 25 grams of carbohydrates.



Breastfeeding:

Why breastfeed?

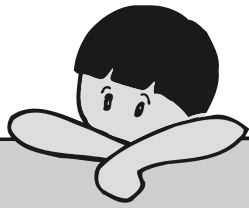
*"Anyone can help take care of baby...
change diapers, bathe, hug and kiss.*

*But only mommy can give the best milk to baby.
That's why I chose to breastfeed."*

~ Mandi, WIC Breastfeeding Mom from Bottineau County

For more information about breastfeeding,
check out our new breastfeeding website at
www.ndhealth.gov/breastfeeding.





Turn Off the TV

Work on moving in different ways — go outside and practice walking, running, galloping, skipping, jumping and hopping.

(From www.headstartbodystart.org)

Pumpkin Chocolate Chip Muffins

1½ cups all-purpose flour, or 1 cup all-purpose flour and ½ cup whole wheat flour
¼ cup ground flaxseed or wheat germ (optional)
2 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon salt
1 cup canned pumpkin
2 large eggs, beaten
½ cup packed brown sugar
¼ cup canola or vegetable oil
½ cup 1% or skim milk
1 teaspoon vanilla
½ cup mini chocolate chips



1. Preheat oven to 350 degrees.
2. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. Whisk together the flour, flaxseed or wheat germ (optional), baking powder, cinnamon, and salt in a large bowl.
4. In a separate bowl, combine the pumpkin, eggs, sugar, oil, milk and vanilla; stir well.
5. Pour the pumpkin mixture over the flour mixture and stir until just moistened. Stir in the chocolate chips.
6. Spoon the batter into the muffin cups. Bake 20-23 minutes or until lightly browned.
7. Let cool 5 minutes. Remove muffins from pan and cool completely.

Recipe adapted from: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 12 muffins. Each muffin (without flaxseed) has 200 calories, 9 grams of fat, and 28 grams of carbohydrates.

Mystery Muffins

1½ cups all purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ cup white sugar
2 large eggs
1 cup 1% or skim milk
½ teaspoon vanilla
2 tablespoons canola or vegetable oil
2 tablespoons unsweetened applesauce
12 pieces of your favorite fruit, such as 12 medium strawberries, 12 1-inch banana chunks, 12 pitted cherries, or 12 peach slices (frozen or canned fruit can also be used)
2-3 tablespoons white sugar



1. Preheat oven to 350 degrees.
2. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. Mix flour, baking powder, baking soda, salt and ¼ cup sugar in a large bowl.
4. Combine eggs, milk, vanilla, oil and applesauce in a separate bowl. Mix well.
5. Add egg mixture to flour mixture. Stir just until blended.
6. Fill muffin cups ½ full with batter. Roll each piece of fruit in a small amount of sugar. Use your finger to punch fruit down into the batter in each cup.
7. Bake for 20 minutes or until lightly browned. Let cool 5 minutes. Remove muffins from pan and cool completely.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 12 muffins. Each muffin has 130 calories, 3.5 grams of fat, and 21 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES

What's your child's favorite breakfast?

Eat breakfast every day. Breakfast can make a difference in how your child learns, how well your child plays, and how good your child feels. An easy breakfast can be as simple as a muffin with fruit and milk.

